



How Can a Registered Dietitian Help You?

Contact: 720-847-6865

Services	Description	Date & Time	How to Sign Up
Individual counseling	Healthy eating tips, meal plan, workout nutrition and guidance on supplements and weight management	Mon - Thur	Call for appointments
Bod Pod	Analyze your body fat, resting metabolic rate and total energy needs	Mon - Fri	Walk in or call for appointments
VO ₂ Testing	Test your muscle oxygen consumption during exercise, optimal heart rate for fat burning and assess your fitness level	Mon - Fri	Call for appointments
Better Body Better Life	4-week weight management program that covers topics on nutrition, behavior and fitness	Tuesdays 1100 - 1200	Call for appointments
Heart Healthy Class	Benefits of a heart healthy lifestyle, foods to promote heart health, pantry makeover, cooking and shopping tips	1 st & 3 rd Wed 1100 - 1200	Call for appointments
Cooking Demo	Chef from Whole Foods demonstrates healthy recipes each month with a theme menu. Free lunch is provided!	3 rd Wed 1200 - 1300	Call to RSVP. Seating is limited!
Healthy Eating at the Dorm	Various events held at Panther Hall including snack/meal makeover, mini cooking demo and other fun events to promote healthy eating for dorm residents	Varies	Call for more information
Commissary Tours	How to navigate store aisles to pick out healthy food options; food label reading, seasonal produce and grocery shopping list	Varies	By appointments only
Homemade Baby Food	Learn how to prepare nutritious and affordable baby food at home	TBD	Call for more information

- All class are held in the Health & Wellness Center (HAWC) classroom
- Cooking Demo is held in the HAWC kitchen